



Recipes for Dinner Tonight Meal Plan

California Chicken and Vegetables

Source: Kraft

Prep Time: 5 minutes

Total Time: 28 minutes

Makes: 4 servings

Ingredients:

- 4 small boneless, skinless chicken breast halves (1 lb.)
- 3 cups frozen mixed vegetables (non-starchy, broccoli, red peppers, carrots and/or cauliflower), thawed, drained
- 1/4 cup pesto
- 1/4 cup water
- 1/2 cup 2 percent shredded mozzarella cheese

Directions:

Heat large skillet sprayed with cooking spray on medium-high heat. Add chicken; cover. Cook 5 minutes on each side or until lightly browned on both sides.

Add vegetables, pesto and water. Bring to a boil. Cook on medium heat 6 to 8 minutes or until chicken is done (165 degrees), stirring occasionally.

Sprinkle with cheese; cover. Remove from heat; let stand 5 minutes.

Nutrition Information (1/4 recipe):

250 calories, 12 g fat, 3 g saturated fat, 75 mg cholesterol, 250 mg sodium, 4 g carbohydrate, 2 g fiber, 1 g sugar, 31 g protein



Recipes for Dinner Tonight Meal Plan

Balsamic-Glazed Salmon Fillets

Source: AllRecipes.com

Prep Time: 10 minutes

Cook Time: 20 minutes

Makes: 6 servings

Ingredients:

- 6 (5 ounce) salmon fillets
- 4 cloves garlic, minced
- 1 tablespoon white wine
- 1 tablespoon honey
- 1/3 cup balsamic vinegar
- 4 teaspoons Dijon mustard
- Salt and pepper taste
- 1 tablespoon chopped fresh oregano

Directions:

1. Preheat oven to 400 degrees F. Line a baking sheet with aluminum foil, and spray with non-stick cooking spray.
2. Coat a small saucepan with non-stick cooking spray. Over medium heat, cook and stir garlic until soft, about 3 minutes. Mix in white wine, honey, balsamic vinegar, mustard and salt and pepper. Simmer, uncovered for about 3 minutes or until slightly thickened.
3. Arrange salmon fillets on foil lined baking sheet. Brush fillets with balsamic glaze and sprinkle with oregano.
4. Bake in preheated oven to 10 to 14 minutes, or until flesh flakes easily with a fork. Brush fillets with remaining glaze, and season with salt and pepper. Use a spatula to transfer fillets to serving platter, leaving the skin behind on the foil.

Nutrition Information (1/6 recipe):

188 calories, 15.5 g fat, 3 saturated fat, 84 mg cholesterol, 236 mg sodium, 6.5 g carbohydrate, 5 g sugar, 28.5 g protein
